

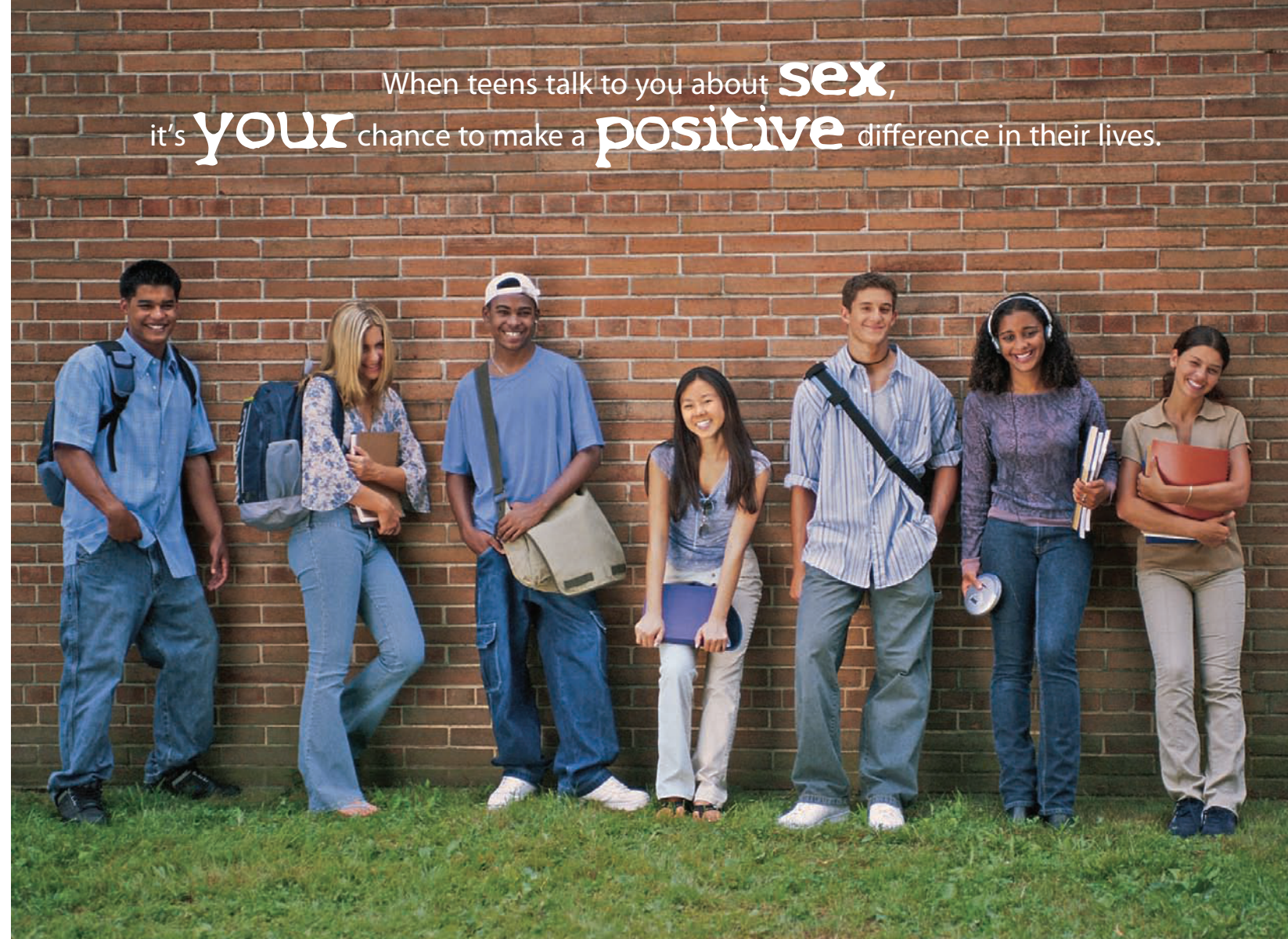


Milwaukee Plain Talk Initiative  
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[www.milwaukee.gov/plaintalk](http://www.milwaukee.gov/plaintalk)

When teens talk to you about **sex**,  
it's **your** chance to make a **positive** difference in their lives.





## become an askable adult

If you make yourself an “askable adult,” you will have the opportunity to protect teens from unintended pregnancies, STDs and HIV/AIDS. Here are the top ten verbal and nonverbal messages you can send to teens to make it easier for them to ask you about topics related to sexuality.

- 1 No subject is off limits** even if it makes me uncomfortable. If it's important to you, it's important to me.
- 2 Values and opinions are unique** to every person. Therefore, I won't judge your values when they are different from mine.
- 3 Because you are important to me**, nothing that you can tell me will make me think less of you.
- 4 I realize that providing information** is not the same thing as promoting choices.
- 5 I'll tell you honestly** when I don't know the answer to your question, and we'll find out the answer together.
- 6 I'm always interested** in your life – not just at critical moments.
- 7 I'm clear about my own values and attitudes**, and we can still discuss sex even if we don't share the same beliefs.
- 8 I'm here to listen** more than to give advice.
- 9 I will do my best** to give you accurate information so that you can make informed decisions.
- 10 I care** about what happens to you.



To encourage teens to talk openly with you, you need accurate information and good communication skills as well as an approachable personality. The Plain Talk teen pregnancy prevention program has helped many adults in our community develop the skills necessary to communicate effectively and more frequently with teens about personal responsibility and decision making concerning sexuality. And we can do the same for you. Please ask us about our friendly neighborhood gatherings called Plain Talk Home Health Parties where you can learn how to become an “askable adult.”



**Plain Talk** is a community-based initiative that helps parents and other adults in the community who work with teens to develop the skills and tools they need to communicate effectively with youth. Plain Talk has been replicated in many communities like ours throughout the country over the past several years with the training expertise and technical assistance of Public/Private Ventures of Philadelphia, a national nonprofit organization whose mission is to improve the effectiveness of social policies, programs and community initiatives, especially as they affect youth and young adults.



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